

# New Moon

## Worksheet

1

### Think.

Consider what you want to attract in your life both short and long term

2

### Write. Create your Intention.

With this new moon, I intend to co-create with Goddess...

\_\_\_\_\_  
(Ex. happier days, stress-free days, an extra \$200, more FB friends, etc)

I will help Goddess create...

\_\_\_\_\_ by  
(Ex. More FB Friends)

\_\_\_\_\_  
(Ex. spending more time on our ZenAtma FB page sharing how-tos and tips that my community can benefit from)"

This will allow me to

\_\_\_\_\_  
(Ex. This will allow me to feel more connected to my fellow humans and give me the opportunity to help people, which is a big win for me!)

3

### Doodle. Meditate. Evaluate

Doodle what you'll feel when your intention manifests. Meditate on this feeling, sending out to Goddess for co-creation. End your meditation with Om Namō Narayani (NA RA YA NEE) meaning: "I surrender to the Divine Goddess".

Keep a journal for this so you can look back and find the intentions that came to pass and the ones that need a little bit of work.